

Health in your sixties ...

Are you still working? Planning to retire? Kids still around? This is a decade of change for many men, when the routines of the past can disappear and you have a bit more time to do your own thing.

Most men in their 60s are either in or actively planning for a life outside the workforce. It is a time of significant change in terms of how men spend their time and who they spend it with. How they spend their time has as much to do with their health as any other influences.

So keep moving! A walk each day, a game of golf each week, a hit of tennis – they're all investments in your long-term mobility and energy levels. The range of opportunities open to you is far broader if you are in good health!

Take Action!

- An annual health check is a high priority. Why not book in on your birthday? The doctor will check:
 - your family history
 - your weight, blood pressure, skin (checking your cancer risk), cholesterol levels and diabetes risk.

It's also important to think about your mental health. Depression and anxiety in men are common - one in eight men experience depression and one in five men experience anxiety at some stage in their lives. Some signs of depression and anxiety include:

- often feeling down or anxious/uptight
- drinking or smoking too much
- withdrawing from family, friends and social situations
- stressing over small things
- feeling easily irritated, upset or angry
- feeling like you're losing control.

Symptom checklists and more information on depression and anxiety are available from the *beyondblue* website (www.beyondblue.org.au) or by calling the *beyondblue* info line 1300 22 4636. Help is available for depression and anxiety and with the right treatment, most people recover. It's important to seek help early – the sooner the better. Your GP is a good place to start. Depression and anxiety are illnesses, not weaknesses, and you shouldn't feel ashamed to ask for help.

You may also like to consider:

- a flu shot
- blood tests to check kidney and liver function, and iron levels
- a bone density test
- hearing and vision tests
- heart and cancer screening
- screening for bowel cancer every two years
- screening for other ailments – chat to your doctor
- a talk about any relationship problems

Your doctor may discuss other tests relevant to your history. Keep on top of your health and you'll be doing the best you can to assure your future.

Got your retirement finances under control? What about your health?



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